



Dear Reader,

If you've ever struggled with self-doubt, fear of abandonment, or difficulty trusting others, you're not alone. Our **early attachment experiences shape the way we connect with ourselves and others**—but the good news is that attachment is **not set in stone**.

As we approach **the paperback release of *The New Rules of Attachment* on February 11**, I want to give you an exclusive gift:

**The Secure Attachment Blueprint** – a simple, actionable guide to help you cultivate emotional security in your relationships and within yourself.

### **Why This Blueprint Matters:**

Many of us have internalized messages from childhood that make us question our worth or fear emotional closeness. Whether you lean toward anxious, avoidant, or disorganized attachment, this guide will help you rewire old patterns and build a more secure, fulfilling life.

### **Inside, you'll discover:**

- ✓ The mindset shifts of securely attached individuals
- ✓ How to communicate with confidence and clarity
- ✓ Daily habits that reinforce emotional security
- ✓ Steps to heal past wounds and reparent yourself



### **How to Use it:**

- Start small – choose 1-2 focus areas each week.
- Print or save it on your phone as a quick reference when navigating relationships.
- Use it as a self-check-in tool to reframe negative thoughts and regulate emotions.
- Share it with someone you trust to encourage personal and mutual growth.

The journey to **secure attachment starts with small, intentional steps**. I hope this guide helps you feel **empowered, confident, and connected**.

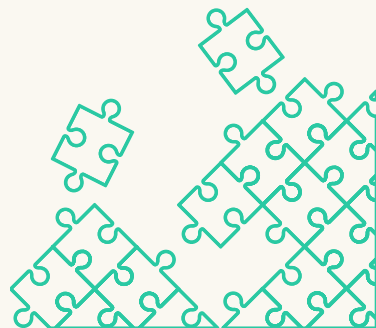
And don't forget—**on February 11, the paperback edition of *The New Rules of Attachment* will be available everywhere!** If you're ready to dive deeper into healing insecure attachment, I can't wait for you to read it.

To your growth,

*Dr. Judy*


Clinical & Forensic Neuropsychologist

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# The Secure Attachment Blueprint

This **one-page, easy-to-reference guide** is designed to help you **embody the key traits of securely attached individuals** in your relationships, career, and personal growth. By integrating these habits, you can create **stronger, healthier connections** and develop a deeper sense of **self-worth and resilience**.

 **Use this as a daily reference** to remind yourself of the mindsets, habits, and communication strategies that foster secure attachment.

## 1. Mindset Shifts for Secure Attachment

- ✓ I trust that I am lovable and worthy of connection.
- ✓ I can regulate my emotions without withdrawing or lashing out.
- ✓ I believe people can be both independent and interdependent.
- ✓ I view conflicts as opportunities for growth, not threats.
- ✓ I seek closeness without fear of losing my autonomy.

## 2. Communication Patterns of Securely Attached Individuals

- 💬 I express my needs clearly and respectfully.
- 💬 I listen with the intent to understand, not to defend.
- 💬 I set and respect boundaries without guilt.
- 💬 I validate my emotions while also being open to other perspectives.
- 💬 I resolve conflicts with calm and constructive dialogue.

## 3. Daily Habits to Cultivate Security

- 🌱 Self-Check-In – Pause and ask: What am I feeling? What do I need right now?
- 🌱 Reframe Negative Self-Talk – Replace “I’m not good enough” with “I am growing and learning.”
- 🌱 Consistent Support – Regularly connect with emotionally safe people.
- 🌱 Healthy Independence – Engage in hobbies, self-care, and personal passions.
- 🌱 Emotional Regulation – Practice grounding techniques, journaling, or mindfulness.

## 4. Healing Past Wounds & Reparenting Yourself

- 🔄 Identify old attachment wounds and recognize how they show up in your behaviors.
- 💖 Develop self-compassion – treat yourself with the kindness you needed as a child.
- 🎯 Shift from reacting emotionally to responding intentionally in difficult situations.
- 📖 Explore inner child work to build a sense of safety and self-trust.

### How to Use This Blueprint:

- Print it out and keep it somewhere visible (mirror, journal, workspace).
- Choose 1-2 focus areas each week to actively implement.
- Use it as a self-check-in tool when you’re feeling triggered or unsure how to respond.
- Share it with trusted friends or partners to encourage mutual growth.
- Reflect on progress by journaling how these changes affect your confidence, relationships, and emotional balance.